



Living Well Workshop

The Stanford University Chronic Disease Self-Management Program

FREE 6-week program -- Put the *LIFE* back into your life!

Are you or someone you care for struggling with on-going symptoms of chronic conditions?
Living Well means coping with ongoing health conditions such as:

Tense muscles • Stress / Anxiety • Difficult emotions • Fatigue • Shortness of breath • Pain



***Living Well Workshops* will teach you:**

- Techniques to deal with chronic symptoms
- How to have more control over your health problems and your life
- Improved strength, flexibility, and endurance
- Ways to communicate with family, friends, and health professionals

Lumpkin County Senior Center

266 Mechanicsville Rd. Dahlonega, GA 30533

Monday—November 10, 17, 24 and December 1, 8, 15

4pm—6:30pm

Adults with any chronic condition (diabetes, heart disease, arthritis, COPD, etc.) or caring for someone with a chronic condition are welcome to attend this workshop. Classes are 2 ½ hours once a week for six weeks. ***Living Well Workshops*** are designed to help you feel better, be in control and **put *LIFE* back into your life!**



Register TODAY! Space is limited!

Contact Paula Walker or Linda Kirkpatrick

706-864-2358